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STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

VOLUME 5 ISSUE 1 • AUGUST 2012

WEBSITE: www.wku.edu/healthservices • PHONE: (270) 745-5033

WHAT CAN



DO FOR YOU?

CALL 270-745-5641
TO MAKE AN
APPOINTMENT!



WKU HEALTH SERVICES is a full service primary care center dedicated to providing all members of the WKU campus community with quality medical services. **Services include:**

- allergy injections - annual exams - scholarships
- breath alcohol testing - colposcopy services
- contraceptives - drug testing - employee wellness
- health education and promotion - immunizations
- men's and women's health - mental health services
- pharmaceutical dispensary - x-rays - physicals

The **WKU HEALTH EDUCATION DEPARTMENT** is housed within Health Services. They offer education and awareness services, which are designed to enrich the lives of students. The health education department is responsible for many exciting programs around campus, including what you're reading right now. Read below to find out about other programs offered. Go to www.wku.edu/healthservices/health-ed/calendar to check out the dates of these programs and other upcoming events.



WellU is a fitness and wellness incentive program in which full time students can win awesome prizes like iPads, gift cards, cameras, or t-shirts by completing fitness events, health programs, and services. Visit the website at www.wku.edu/awellu to register or read about coming events this semester.

The **PASSPORT TO WELLNESS** series is a great opportunity for you to stay healthy in all aspects of your life. The best thing about this program is learning how to enhance your health and winning prizes! The student that attends the most sessions will be entered to win a grand prize! The first program will be held **September 19th at 6pm** in **DUC A-230**.



The **HEALTH & FITNESS LAB** is located in the Preston Center. They offer blood pressure screenings, body composition measuring, basic fitness assessment, personal wellness profile, individual and buddy training, group fitness classes, massage therapy, and nutritional counseling. Scan the QR code above to view a schedule of fun events like bootcamps and fitness workshops.

The **WKU RESTAURANT & CATERING GROUP** offers a Fresh & Healthy section that offers nutrition tips, a link to WKU's registered dietitian, and healthy lifestyle tips. Email the registered dietitian with questions or to schedule a consult at nutritionnow@wku.edu.



The **COUNSELING & TESTING CENTER** is located in Potter Hall. It offers clinical and outreach services such as individual and group counseling, sexual assault counseling, screenings for depression, and much more. To learn more, visit the center's website at www.wku.edu/heretohelp.

eCHUG is an online tool that gives personal feedback about your alcohol use. The assessment is confidential and shows everything from how many calories you're consuming in alcohol to how much of this money goes towards alcohol. It also shows actual, current WKU statistics for alcohol use. Visit the Health Services website to take eCHUG today!



The **FIRESIDE CHAT** program is nutrition based. Students gather around the fireplace in the Health Services lobby, drink hot chocolate, and eat a healthy snack while learning about how to maintain good nutrition in college. Join us for the first Fireside Chat **October 9th at 6pm!**



FREE HIV TESTING is offered monthly by the Health Education Department. The test does not require blood or needles and results are available on the same day. The first HIV test date is on **September 18th** from **10am to 3pm** at **Health Services**.



TopperWell

Spotlight



Spotlight On:
Breion Douglas,
TopperWell President

**INTERESTED?
SCAN THE QR CODE TO
APPLY TODAY!**

**How would you describe
TopperWell?:**

"If I could describe TW in one word it would be **enlightening**. TopperWell really helps to grow you as a person and discover who you are by providing leadership and presentation opportunities. I love being a part of TopperWell because it allows me to be creative in educating my peers about health. I would encourage anyone to join who has a niche for health or loves educating others."



HEALTHY RECIPE OF THE MONTH VEGGIE EGGS-PLOSION MUG

INGREDIENTS:

- 1/2 cup sliced mushrooms
- 1/4 cup thinly sliced onion
- 1/4 cup chopped asparagus
- 1/4 cup diced tomato
- 1/2 cup fat-free liquid egg substitute
- 1 wedge The Laughing Cow Light Swiss

DIRECTIONS:

Spray a large microwave-safe mug with nonstick spray. Add all veggies and microwave for 1-2 minutes. Thoroughly blot excess moisture from the veggies. Add egg substitute and microwave for 1 minute. Add the cheese wedge, breaking it into pieces. Stir gently, and then microwave for an additional 45 - 60 seconds, until scramble is just set. Allow to cool slightly. If you would like, season to taste with black pepper and garlic powder. Enjoy!

If you like this recipe, check out the website at www.hungry-girl.com for numerous other variations on the egg mugs, including Pizza Eggs and Egg McMuggin.

**DORM
FRIENDLY!**



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

VOLUME 5 ISSUE 2 SEPTEMBER 2012

WEBSITE: www.wku.edu/healthservices PHONE: (270) 745-5033

Campus Safety

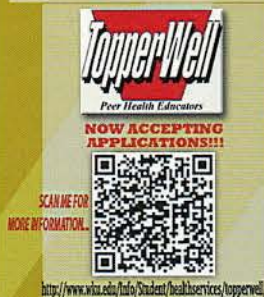
1. THERE IS SAFETY IN NUMBERS. TRY TO WALK WITH A GROUP OR A BUDDY WHEN OUT AT NIGHT.
2. IF YOU DO NOT HAVE A FRIEND AVAILABLE TO WALK WITH CALL THE WKUPD DUSK TO DAWN ESCORT SERVICE: (270)745-3333.
3. ALWAYS LOCK YOUR RESIDENCE HALL DOORS.
4. TAKE A SELF DEFENSE CLASS. WKUPD OFFERS A FREE COURSE, R.A.D. (RAPE AGGRESSION DEFENSE).
5. DO NOT LEAVE YOUR PERSONAL BELONGINGS UNATTENDED WHILE STUDYING IN A SAFE PLACE.
6. KEEP VALUABLES IN YOUR VEHICLE OUT OF PLAIN VIEW.
7. REPORT LOST OR STOLEN ROOM KEYS IMMEDIATELY TO THE FRONT DESK OF YOUR HALL.
8. NEVER LEAVE A MESSAGE ON YOUR DOOR LETTING OTHERS KNOW YOU ARE AWAY FROM YOUR ROOM.
9. DO NOT CARRY LARGE AMOUNTS OF CASH.
10. TEXT BOOKS ARE THE SAME AS CASH. DO NOT LEAVE THEM UNSECURED.
11. KNOW EMERGENCY STATION LOCATIONS.



Future Planning Tip

"Get experience that applies to your area of study while you're in school! If you're getting a degree in Exercise Science, while having a retail job allows you to gain awesome people and communication skills, it may not give you the experience you need and future employers require. Take the time to search for something that fits with your major. If you don't know what you want to do, volunteer! It's a great way to get involved and try something new to see if you really like it."

-Jill Murphy, Senior, Public Health



SEXUAL ASSAULT

Girls Fight Back - an organization on self-defense for young women; they present around the world. Sign up for FREE, "Sassy Self-Defense Guide" at girlsfightback.com, also check out the videos section for additional self-defense tips like using cellphones and keys for self defence.

If you have been sexually assaulted...

1. Go to a safe place.
2. Do not shower or brush your teeth.
3. Preserve all physical evidence.
4. Call someone you trust.
5. Seek medical attention at a hospital.
6. Seek emergency contraception.
7. Report the incident to WKUPD (270-745-2548) or BGPD(270-393-4244).

If someone you know has been raped...

1. Help the person feel safe. Listen and comfort.
2. Encourage the person get medical attention and crisis counseling.
3. Reinforcement that he or she is not to blame.
4. Recognize that healing takes time.

Preventing sexual assault...

Both men and women must work together to prevent sexual assault from happening.

1. **Better communication** - lack of communication and miscommunication can lead to acquaintance rape, express feelings clearly and assertively to avoid and listen to what your partner is saying as well.
2. **Be careful about mixing sex and alcohol** - Alcohol lowers inhibitions and may allow partners to get into sexual situations that they had not previously planned; if a person is drunk, they cannot legally give consent to sexual activity.
3. **Take care of your friends** - if you come to a party together, then leave together; if a friend has had too much to drink, then leave and take care of them. Speak out



Go Green!



Most students know that you can use refillable water bottles and limit paper products to do your part for the environment. Did you know that you can go green by recycling clothing? You can give away your clothing to Goodwill for free, but there are also places around Bowling Green like

Plato's closet, which gives you the cash the same day, and consignment stores who have a slightly different process that allows you to make money off of your used clothing. You can also purchase clothing at all of these venues. This is a great way to save money and do your part for the environment.

DEFEND YOURSELF WITH ITEMS YOU HAVE!!!

Sometimes innocent, legal and everyday objects, in times of need, can make superb self-defence weapons. For example keys, a can of deodorant or an umbrella can all make effective weapons.

1. A **can of deodorant** can be sprayed in an attacker's eyes or with the introduction of a flame it can become a mini-flamethrower.
2. An **umbrella** can be a lethal weapon as it can be used during an attack to strike an opponent, keep distance and even disarm someone
3. A **bunch of loose change** thrown really hard straight at an attacker will likely trigger a flinch in them.
4. A **backpack** can quickly be swung around and held up in front of the body acting as a modern day shield or to hit an attacker.
5. **Cell phones** can be used to strike the attacker with its bottom edge straight down onto the face and then continuing the attack using the bottom edge for a series of cycling Hammer strikes until the threat is eliminated.



UPCOMING EVENTS

FREE HIV TESTING 10:00AM-3:00PM TUESDAY OCTOBER 16TH
WKU HEALTH SERVICES

PASSPORT TO WELLNESS HAVE SWAG! TIPS TO STAY CLEAN, COOL AND COLLECTED -6:00PM-7:00PM
WEDNESDAY OCTOBER 17TH; DUC A-230 CAREER SERVICES



<http://www.wku.edu/healthservices/health-ed/e-chug.php>



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VOLUME 5 ISSUE 3 OCTOBER 2012
WEBSITE: www.wku.edu/healthservices PHONE: (270) 745-5033

MENTAL HEALTH

A state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

TIPS FOR HOME SICKNESS

- Admit it
- Bring photos/videos from home
- Bring other familiar items (blanket, pillow)
- Talk to family/friends from back home
- Get out and make new friends
- Become familiar with campus and BG
- Get involved on campus and in the community
- Make plans to go home once in a while

DONATE BLOOD



WKU vs. MTSU BLOOD DRIVE 2012 BATTLE

OCT 29 TO 31 AT PRESTON CENTER GYM

VISIT redcross.org OR CALL 1-800-REDCROSS

TO SCHEDULE AN APPOINTMENT

FREE BLOOD BATTLE T-SHIRT FOR DONORS



SCAN ME FOR MORE INFORMATION...

How do I know if I am depressed?

Loss of concentration
Irritable and low self-esteem
Feeling helpless
Fatigue and headaches
Disinterest in previous enjoyable activities like sex, friends and hobbies.

How do I know if I am anxious?

Continuous worry
Intense fear
Feeling uneasy and smothered
Difficulty concentrating
Apprehension
Feeling tense
Fatigue and hyperventilation
Headache and nausea
Hot flashes/ chills
Irritability

MENTAL ILLNESS

Health conditions that are characterized by alterations in thinking, mood, or behavior associated with distress and/or impaired functioning.

YOU ARE NOT ALONE!!!

74% of WKU students felt overwhelmed at some point within the last 12 months.
8.1% of WKU students are diagnosed with anxiety
5.7% of WKU students are diagnosed with depression.
11.6% of WKU students said anxiety affected their school work.
5.0% said the same of depression.
45.6% of WKU students felt lonely at some point within the last 12 months.

WAYS TO FEEL BETTER

DO SOMETHING YOU LOVE: Reduce stress by doing something you love. It doesn't matter what it is just make sure it's something you enjoy and not something you feel you have to do.

GET OUTSIDE: There is something about nature and the expanse of space that can rejuvenate the mind and body. Look around you and take it all in. The birds, the people, the blueness of the sky, the clouds floating along, the smell of the fresh air, the warmth of the sun on your cheeks.

BREATHE: Deeply. Breathing can help you relax, focus and slow down. Take a minute and breathe deeply. Clear your mind and just breathe.

GIVE: It may seem counterintuitive but to feel better yourself, do something for someone else. Volunteer to help with a good cause, put money in someone's expired parking meter, hold the door for someone, give a hug, smile, and help someone carry their things.

EAT A PIECE OF FRUIT: There's something about biting into an apple, peeling a banana or the scent of an orange that can make you feel good.

DRINK: Drinking a tall glass of water helps you feel fuller longer, curbs your desire to eat when you're not particularly hungry and just bored and it's great for your skin.

STRETCH: A few times throughout the day. Stand up, stretch out your arms, your back, your legs, and your neck. Be gentle and don't overdo it. Stretching should feel great and renew your energy.



SPOTLIGHT

ON

Rachael Barnett, Topperwell Member
Senior, Hopkinsville, KY

HOW DO YOU HANDLE YOUR STRESS?

"When I get stressed out I like to cook and clean while singing and dancing to whatever is on the radio. If I am at work or school, I just try to step away from whatever I am working on and take a break, clear my mind."

WHY IS IT BAD TO MIX ANTIDEPRESSANTS AND ALCOHOL?

- Alcohol may counteract the antidepressants causing you to feel more depressed.
- Your thinking and alertness may be impaired.
- You may become sedated or feel drowsy, if you take Monamine Oxidase Inhibitors (MAOIs).
- You may be at risk of a dangerous reaction
- You may be at risk of alcohol abuse.



CONTACTS FOR PROFESSIONAL HELP

WKU Counseling & Testing Center,
Potter Hall, Room 409
Ph: 270-745-3159
www.wku.edu/heretohelp

WKU Health Services
Ph: 270-745-5641
<http://www.wku.edu/healthservices/>



FREE HIV TESTING 10:00AM-3:00PM TUESDAY OCTOBER 16TH

@ WKU HEALTH SERVICES

PASSPORT TO WELLNESS HAVE SWAG! TIPS TO STAY CLEAN, COOL AND COLLECTED -6:00PM-7:00PM

WEDNESDAY OCTOBER 17TH; DUC A-230 CAREER SERVICES

<http://www.wku.edu/healthservices/health-ed/e-chug.php>



Peer Health Educators

NOW ACCEPTING APPLICATIONS!!!



SCAN ME FOR MORE INFORMATION...



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

VOLUME 5 ISSUE 4 OCTOBER 2012

WEBSITE: www.wku.edu/healthservices PHONE: (270) 745-5033

WHAT IS YOUR SICKNESS??

Scratchy, sore throat? Sneezing?
Runny nose? Cough?
Headache? Low grade fever? You might have an upper respiratory infection.

Fever? Cough? Sore throat? Runny nose? Body ache? Chills? Fatigue? There is a good chance you might have the flu!

Fever with diarrhea or vomiting?
Beware of the stomach bug.

Red, itchy watery eyes with discharge?
Pink eye might be your diagnosis.

Fever? Sore throat? Swollen lymph nodes and tonsils? Headaches and body aches? Fatigue? Loss of appetite? You might be under mono's spell.

WHAT DO I DO NOW???

- Call or email your professors
- Drink lots of water
- Eat healthy
- If symptoms last more than 5 days, go to Health Services

Healthy Recipe

- 1 can Garden Vegetable Soup
- 1 hot dog
- 1/4 cup shredded cheese
- 1/2 tsp chili seasoning

Slice hot dog and brown in pot. Add the soup and chili seasoning and cook till its hot. Pour into bowls and cover with cheese.

HANDWASHING FACT

- Good hand washing reduces diarrheal illness by 31%, and colds by 21%?
- When washing hands, count to 20 or hum "Happy Birthday" twice.
- If no soap or water available, use hand sanitizers.

STAY HOME!

- If you have a fever above 100 degree
- If you are vomiting
- If you have diarrhea
- If you are contagious
- If you have a viral or bacterial infection

DID YOU KNOW?

Dip your toothbrush in hydrogen peroxide to prevent re-infecting yourself or get a new toothbrush when you are better.



HOME REMEDIES

- Popsicles: eases sore throat and keeps you hydrated
- Chicken noodle soup: helps healing and mild anti-inflammatory
- Hot tea: has antioxidants, add honey or lemon to ease sore throat
- Steam: helps decongest
- Salt water: used to clear sinuses and to help sore throats
- Fruit and Vegetables: help boost immune system



Preventive Measures

- Get the flu shot
- Wash your hands
- Do not touch your face
- Take multi-vitamin
- Eat healthy
- Get enough sleep



Where to get a Flu Shot



Don't have time for being sick? Protect yourself with the flu shot! Now available at Health Services, No appointment necessary!

UPCOMING EVENTS



e-chug
Alcohol Self-Assessment

Take our online alcohol self-assessment
Earn WellU credit!!

<http://www.wku.edu/healthservices/health-ed/e-chug.php>

WKU vs. MTSU Blood Drive
Located at Preston Center Gym
Oct. 29th - 31st



Scan to sign up!



\$50 gas card
raffled off each
day for donors!



What's the Ying to Your Yang?
Take the Stress Out of Your Brain!

Nov. 14th
DUC A-230 @ 6 pm





STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

Volume- 5:Issue-6

November 2012

WEBSITE: www.wku.edu/healthservices

PHONE: 270-745-5033

Healthy Eating/Nutrition on Campus

Reasons for maintaining healthy eating habits while away at school

- You will maintain your weight and help avoid the dreaded "Freshman 15".
- You'll have more energy for studying, socializing and athletic activities.
- You will create habits that will most likely stay with you the rest of your life.
- You'll sleep better.
- You may look more fit and have a healthy glow, which may make you feel better about yourself.
- You may be able to avoid colds and coughs that can easily spread around campus residences.
- You'll begin to practice healthy eating habits that will keep you healthy through adulthood.



Believe It or Not...

You can eat healthy just about anywhere on campus...

The challenge is making healthier choices from enticing smells of fried and sugary treats. Many students only see fast food outlets and grab-and-go meals, and are convinced that there is nothing healthy to eat on campus.



Basic Healthy Eating Tips

- When you are eating out, try to think about "EVERYDAY FOODS" and "SOMETIMES FOODS". If you find that you are eating fast food options everyday, make healthier choices and save the french fries for a Friday treat!
- Look at the menu and be mindful of other food alternatives, like a grilled chicken sandwich vs. fried chicken sandwich
- Still looking for a side dish that is served warm? Instead of french fries, ask for a baked potato with all toppings on the side.
- Do you really need all of that soda? Skip the pop and have a glass of water or skim milk.
- Skip the added mayo and cheese; if you really like these options, have them one at a time and once a week instead of everyday.
- When adding dressing to your salad, add a small amount into the bowl provided. Put the lid on and shake well. This way, the salad gets completely coated without excess dressing.
- Bring your own refillable container for water. Not only does it save money, it's more environmental friendly.

Apps for Nutrition

• **Nutrition Menu – Calorie Counter** With over 78,000 foods to choose from, which makes it easy to keep track of your food intake, even if you're following specific dietary plans like Weight Watchers or low-carb.

• **Mint Nutrition** - This app lets you search for foods at your favorite restaurants. You can also create "plates" of your favorite foods and a list of your go-to restaurants for easier, faster access to information.

• **Fooducate-Diet without a diet: Scan a product, See what's inside. Make healthier choices! Don't Diet - Eat Healthy with Fooducate! Scan and choose healthy groceries. Over 200,000 unique UPCs!**

• **VegOut-** Whether you're vegan, vegetarian or are simply seeking a veggie-friendly restaurant, VegOut will find a suitable eatery in your desired location, sorted by distance.

Healthier Options on Campus

Choose

Instead of

At sandwich shop (Subway, Chick-fil-A)

Whole grain bread/buns/wraps/pita
Lean meats and fillings: turkey, roast beef, chicken
Honey Mustard, Dijon Mustard
Sandwich toppings such as tomato, green pepper, cucumber
Green salad, fruit salad, bean salad
Pretzels, low fat chips
Low Fat Milk (even chocolate!)

White bread, croissants, cheese bagels
High fat meats: salami, pepperoni, bacon, egg salad, tuna salad, salmon, chicken salad
Mayonnaise, oil
Cheese
Caesar, macaroni or potato salad
Chips, Doritos
Fruit drinks, pop

At Java City, Einstein Bros. Bagels

Low-fat whole grain muffins
Whole grain bagel with peanut butter or jam
Coffee or tea with milk or skim milk

Danish, doughnut
White bread bagel loaded with cream cheese
Coffee or tea with cream

At an Asian Eatery (Panda Express, etc.)

Steamed dumplings, steamed buns
Grilled, steamed, stir-fried veggies
Fresh Spring Rolls, sushi, salad
Steamed Rice, noodles in soup
Light soy sauce, no MSG

Deep fried chicken balls, sweet & sour pork
Deep fried veggies like tempura
Deep fried spring rolls
Fried rice, fried noodles, chow mein
Regular soy sauce, added salt, MSG

At the Pizza Place (Papa John's, the Fresh Food Company)

Whole wheat crust or thin crust
Vegetarian or Hawaiian
Lower fat toppings like chicken, mushrooms, peppers, tomatoes, artichokes, lower-fat cheese side salad

White crust, thick crust, stuffed crust
Meat lovers, the works, pepperoni
Higher fat toppings like bacon, sausage, salami, pepperoni, extra cheese
Cheese sticks



Ask The Dietitian

Campus Registered Dietitian:

WKU's RD offers nutrition services to all students on campus, including free individual nutrition counseling. They can help with meal planning, weight loss, diabetes, food allergies, and eating disorders.

Phone: (270)745-6531

Email: nutritionnow@wku.edu

Nutrition info from WKU:

WKU's dining website offers good information on nutrition and eating as well.

Financial Tip

Plan for that rainy day:

- Avoid having to make a financial 911 call to Mom and Dad by starting an automatic savings plan.
- Have \$50 transferred each month to a savings account, so you can bank some cash for an unexpected auto repair, big dental bill or other unanticipated expenses.
- A good goal is to have the equivalent of three months' rent under the proverbial mattress.



Upcoming Programs

World AIDS Day- December 1 Dec.
4th- Free HIV Testing
@Health Services From 10 AM-3 PM

Nov. 27th- Fireside Chat
@Health Services
from 6 PM-7 PM
(Topic-Eat This, Not That)



Dec. 5th- Passport to wellness
@DUC A-230 ; 6 PM-7 PM
(Topic- One Size Fits YOU!)





STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS
Volume- 5; Issue-7 Dec/Jan 2012-13 WEBSITE: www.wku.edu/healthservices PHONE: 270-745-5033

STRESS, TIME MANAGEMENT, ADHD

WHAT IS STRESS?????

College students are under a heavy load of assignments, projects, deadlines, frustrations and staying in a new environment without parental support. The competition for good grades, performance demands, complicated relationships, career choices and many different things make students feel stressed & exasperated.



How can you overcome stress?

- Be emotionally strong. Tell yourself- You are the best and can face any circumstances.
- Pamper and appreciate yourself for any task you have done irrespective of whether it's fully completed or not. At least you tried!!
- Go to the fitness center- do some cardio.
- Try to socialize by volunteering for some on-campus programs.
- Always have a plan & a backup for the plan.
- Write all the craziest things you have done and share it with your friends.
- Do what you enjoy doing or makes you happy.
- Reduce alcohol or tobacco consumption.
- Eat a nutritious diet.
- Keep a small toy with you, it will remind you not to take things so seriously.
- Go somewhere alone & scream loudly. This will let out your frustrations.
- Do a stress reduction exercise to engage your mind i.e. physical exercise, reading books, dancing, listening to music, medication, get a massage, yoga, etc.



WHAT ARE YOUR PEERS DEALING WITH?

(WKU NCHA Survey Spring 2012)
Percentage of students diagnosed with:
ADHD- 7.1 %
Stress- 17.8%
Sleep difficulty- 12%

SIGNS & SYMPTOMS OF STRESS

Physical symptoms

- Frequent colds
- Fatigue/ weakness
- Hypertension
- Body ache
- Indigestion
- Disrupted sleep cycle

Emotional & Behavioral Symptoms

- Depression
- Irritability or moodiness
- Feeling lonely
- Increase in use of alcohol, tobacco or cigarettes

Healthy Recipe

Brown Rice Breakfast

Ingredients : 1/2 cup brown rice
1 tsp. almonds (slivered)
1/4 cup. almond milk, unsweetened
1 tbsp. maple syrup, dash vanilla extract, dash cinnamon
Directions : Mix ingredients together and heat over the stove top or microwave

Study Tip

Have 10 or 20 minutes between classes?

Take that time to review the material just after the class, when it is fresh on your brain. This will help you memorize it easily.



ADHD Attention- Deficit/ Hyperactivity Disorder

It is a psychiatric behavioral disorder, which may result in inattentive and hyperactive behavior in children or young adults.

Symptoms

- Get distracted easily & forget things
- Daydreaming
- Talk nonstop & interrupt people
- Cannot control emotions
- Hyperactive
- Fidget & squirm a lot
- Feel hard to organized, stick to a job or get work done on time

Causes

- Genetic
- Brain injury
- Food- like artificial coloring
- Smoking & drinking during pregnancy
- Lead poisoning

Testing is available at Dept. of Psychology, Gary Ransdell Hall. Call 270-745-2698 for an appointment.

Time Management Strategies

- Develop a planner.
- Postpone unnecessary activities until the work is done.
- Use your free time wisely- read your flash cards on bus or waiting in lines.
- Make a to-do list & prioritize it.
- Try to learn from your mistakes and stop regretting.
- Set deadlines for yourself.
- Concentrate on one thing at a time.
- Start with the most difficult project.
- Record yourself reading your notes & listen while driving or exercising.



Time = life; therefore, waste your time & waste of your life, or master your time & master your life.
- Alan Lakein

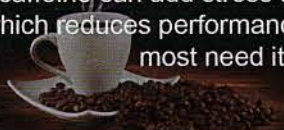
Sleep Tips

- Keep your bedroom calm, dark and cool
- Do regular exercise
- Have a light dinner
- Do not take naps during the daytime
- Don't do homework on bed, only use it for sleeping
- Don't look at a bright computer screen or TV right before bed
- Avoid stimulants like caffeine, nicotine, alcohol, sedatives or pills during the night
- Average adult sleep time - 7.5 to 9 hrs. daily



Does Caffeine effect your performance ?

Caffeine can keep you awake for studying or tests, but will not make up for declining performance caused by lack of rest and exhaustion. In addition caffeine can add stress and tension, which reduces performances when you most need it.



SPOT LIGHT

Danetra Hodge

TopperWell Scleratory Senior
Nutrition & Dietetics



Q- How do you manage stress?

A- Depending on the stress I'll make an organized list of tasks or I'll take a warm bath or cook & clean. Cooking & cleaning helps me to mentally focus and ease my nerves. Plus I like the smell of good food, freshness and clean.

Fireside chat 02/05/13

from 6-7 pm

Topic- Should You Be Gluten Free?



Take our online alcohol self-assessment
Earn WellU credit!

<http://www.wku.edu/healthservices/health-ed/e-chug.php>



Passport to Wellness 02/13/13
@ Duc A-230 from 6-7 pm
Topic- YOLO? You Might End Up SOLO!

2013 HEALTHY DAYS



12th ANNUAL WKU STUDENT HEALTH FAIR
TUESDAY, FEBRUARY 26th, 2013

ON THE BOARDWALK TO HEALTH



Health Services



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

Volume 5 Issue 8 January 2013

WEBSITE: www.wku.edu/healthservices PHONE: (270)745-5033

Top 10 Benefits of Exercise

- Lengthens lifespan
- Makes you feel happy, energized & confident
- Melts away stress
- Improves memory and learning
- Creates healthier glowing skin
- Jumpstarts metabolism
- Strengthens heart, bones & immune system
- Helps your sleep better
- Invigorates your sex life
- Improves overall quality of health

Predict Your Target Heart Rate

Subtract your age from 220.

Stay between 60-80% of maximum heart rate.

Practice All 3 Types of Exercise!

Cardio: burns fat and strengthens heart & lungs

Strength Training: builds muscle and boosts metabolism

Stretching: helps flexibility and reduces injuries



Easy Steps to SAFELY Gain Muscle

Power-up Playlist

When You Were Young - The Killers

Keep The Car Running - Arcade Fire

International Love - Chris Brown

Hands in the Air - Girl Talk

My Body - Young the Giant

Eye of the Tiger - Survivor

Bangarang - Skrillex

Levels - Avicii

Execute proper form to fully work muscles. Take two seconds to lower the weights.

Drink high amounts of water to keep muscles hydrated. Energy drinks, soda and alcohol cause dehydration.

Eat 5-6 small meals throughout the day to keep muscles constantly supplied with nutrients and energy level elevated.

Steroids?

The use of steroids or other ergogenic aids (hormones, blood doping, etc) have harmful side effects. Steroids alone cause liver or heart damage, aggressive behavior and mood swings, acne and jaundice, sexual organs malfunction, stunted growth, various cancers, and more.

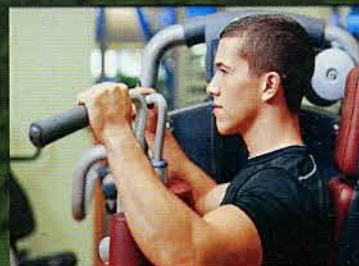
(Source from WebMD)

Eat quality protein for repair, complex carbs for energy and essential fats for the release of testosterone (a muscle-building hormone). Example: Lean meats, fish & whole grain pasta.

Lift the heaviest weights you can handle, fully taxing your muscles and leading to the most muscle gain. Aim for 8 - 12 reps and 3 - 5 sets.

Perform multi-joint exercises, working more than one muscle at a time promotes fast gains in size, strength and testosterone levels.

Do not work the same muscle group two days in a row. Rest the muscles between workouts and get at least 8 hours of sleep to give them time to repair and heal.



Arms & Abs
Awesome Abs
Cardio Craze
Aqua Fit



Cycle X
Power Pump
Yoga
Zumba

FREE Services at the Health & Fitness Lab

Walk-in services: Blood pressure
Body composition
Circumference measures
Height & weight
Fitness center orientation



Upcoming Events...



"Should You Be Gluten Free?"
February 5th
6 - 7 pm
@Health Services



Free HIV Testing
February 12th
10 am - 3 pm
@Health Services



"YOLO? You Might End Up SOLO!"
February 13th
6 - 7 pm
@DUC A-210



FREE Screenings!

FREE Prizes!

12th ANNUAL WKU STUDENT HEALTH FAIR
TUESDAY, FEBRUARY 26, 2013
ON THE BOARDWALK TO HEALTH



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH SERVICES AND TOPPERWELL PEER HEALTH EDUCATORS

Volume 5 Issue 9 February 2013

WEBSITE: www.wku.edu/healthservices PHONE: (270) 745-5033

College is one of the best times to meet new people.

For many college students, college is a time when they are creating new relationships with friends, boyfriends/girlfriends, professors, co-workers, and bosses. It can also be straining on other relationships, such as parents, roommates, and old friends. Having these people in our lives is what makes you, you. Grow with those who make you a better person and don't forget those who have helped you along the way.

GET ON YOUR PROFESSORS GOOD SIDE 5 Unconventional Ways To Be

A Good Friend

Studies have shown that college students who make an effort to get to know their professors have a greater chance of succeeding in college. When you create a good impression, your professor is more likely to help you when you need it.

WKU professors suggest:

"Get to class early" "Participate in discussions", "See us during office hours", "Ask us questions before or after class", "Put effort into your homework and papers"

- ★ Call your friends, don't just text them
- ★ Don't always sugar coat things, sometimes you have to be tough
- ★ Be a positive influence
- ★ Celebrate even the smallest of their achievements
- ★ Keep your promises

Helpful Email Etiquette

Use subject line: It should briefly state what the message is about.

EX: "Question about paper"

Salutations: Use "Dear Professor____", this could affect how they respond if you guess incorrectly about gender, if they are married or single, or if they have a Ph.D.

Be professional and respectful: This is not Facebook so avoid using slang, emoticons, and smiley faces. Use correct punctuation and grammar.

Signoffs count: Always end by thanking the professor for their time with a friendly but formal signoff.

EX: "Regards", then your full name.

CREATIVE AND CHEAP DATE IDEAS ON CAMPUS

Take your food outside and have a picnic with your special someone.

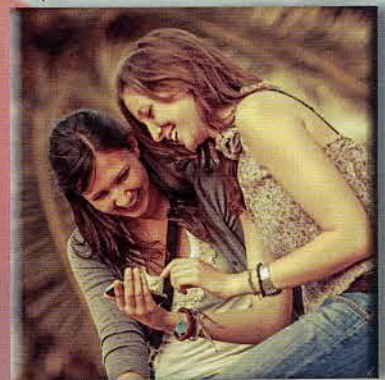
Get a coffee at the library and study together. Challenge each other to a video game and take bets!

Suprise them with tickets to a movie or a show in Van Meter.

Visit the planetarium and choose your favorite constellation.

Take a fitness class together.

Go for a walk, ending at the top of the hill to watch the sunset.



ROOMMATE CONFLICT

Q&A

Q: How should I communicate with my roommate when there is a problem?

A: Try talking to your roommate directly when something is bothering you. Be sure to respect each other's differences. Everyone has different morals and values so be courteous of your roommate.

Parental Matters

Your parents are adjusting to you being gone just as much as you are. Try to be patient with them. Let them know what is going on in your life so you don't feel like you are getting attacked with questions.



The Better Tuna Sandwich

Ingredients:

To make the Better Tuna Sandwich, you will need:

- 1 can (6 oz.) of light tuna
- 1 apple
- 2 slices wheat bread
- 2 slices tomato
- 3 tbsp. regular or light mayonnaise
- 1/2 cup of carrots

Directions:

1. Core, peel and chop the apple.
2. Drain the tuna, place it into a bowl and separate it.
3. Add carrot, apple and mayonnaise to the bowl of tuna.
4. Spread over two toasted slices of bread and top it off with a tomato.



Free Food! Free screenings!
Free prizes!



February 26th, 2-5pm @ Preston Center



e-CHUG
Alcohol Self-Assessment

Upcoming Events

Free HIV Testing
February 12th
10 am - 3 pm
@Health Services



"Eating Out The Right Way"
February 19th
6 - 7 pm
@Health Services

"YOLO? You Might End Up SOLO"
February 13th
6 - 7 pm
@DUC A-210

TopperWell
Peer Health Educators



STALL STREET JOURNAL

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Volume 5 / Issue 9 / March 2013

www.wku.edu/healthservices (270) 745 - 5033

WRAP IT UP!

Know the most common excuses for not using protection and learn resolutions:

1. Alcohol and Drugs

Alcohol and other substances can impair judgement and protection might be the last thing on your mind. To make this behavior safer, put a few condoms on your night stand for easier accessibility.



An even better way to prevent this risk would be not to consume alcohol or drugs before sex. 1 of 3 forms of sexual consent states both participants must be sober. If not, then it could be considered sexual assault. The other 2 forms of consent are mutual consent, and they verbalize their consent by saying "yes" (not just by nodding their head).

If you or a friend are a victim of sexual assault, WKU Counseling and Testing Center offers confidential counseling.

2. Embarrassed to talk to partner

Try to talk rehearse with a friend first and remember why protection is important to you. Speak from your heart. The right person may not agree with you but will still respect your wishes. For more advice on ways to talk to your partner, come in to the Health Ed. Department in Health Services or Counseling and Testing Center.



3. Condoms are expensive

If cost of or access to protection is an issue, you still have options. Health Services and the Health Ed. Department offers free condoms. Dental dams and female condoms are also available upon request.



4. Condoms spoil the moment

One of the most common complaints is that condoms take away sensation and ruin the mood. There are several types of condoms that you can experiment with including studded, flavored, or lubed that could actually increase pleasure. Putting a dot of lube on the inside tip of the condom can help boost sensitivity. The feeling of being protected might also ease the mind compared to the fear of an STD or pregnancy!



5. Allergic to latex

If you are allergic to latex, buy non-latex condoms made of polyurethane, or use female condoms (also made of polyurethane).

Sex Tips

Oil based lubricants (baby oil or Vaseline) will corrode latex and break the condom. You should use water-based lubricants, such as KY Jelly.

Get checked! Health Services offers FREE HIV Testing! It's the OraQuick Rapid test with results in 20 minutes. The test is anonymous or confidential as the patient chooses. The next testing day is Tuesday, April 16th from 10:00 am - 3:00 pm. You can also receive Well-U credit!

What is your favorite thing to do on Spring Break?

" If I can, my favorite thing to do on Spring Break is to go visit family and friends that aren't in this area and sleep; got to catch up on my sleep! "

Topperwell Spotlight

Chyreece Bell Junior from Russellville

WKU Health Services wants you to *shake* into good health! Scan the link to see how!



Not Having Sex? You're not alone!

23.4% of WKU students did not engage in any sexual behavior in the last 12 months.

51.4% of WKU students only had 1-2 partners in the last 12 months.

Want to learn more? Ask your RA to host TopperWell to come and play Sexual Health Taboo!

Tips for staying abstinent or if you want to become abstinent:

- Avoid situations where there are outside pressures.
- Be clear about your reasons.
- Draw the line and be clear with your partner.
- Find friends who feel the same and can be supportive.
- Speak up if you are uncomfortable.
- Remember the benefits to waiting, such as having a stronger relationship, feeling greater self-respect, and not having to worry about pregnancy or disease.

(WKU Spring 2012 NCHA Survey)

Top 3 STD's among college students

According to the Center for Disease Control and Prevention the most common STD's on WKU's and other college campuses are:

- Human Papillomavirus (HPV) (Genital Warts)
- Genital Herpes
- Chlamydia

STD Signs & Symptoms

Men:

- Discharge
- Burning and itching around the genitals.

Women:

- Abnormal discharge
- Lower abdominal pain
- Deep pain during intercourse
- Irregular bleeding

Many STD's won't show symptoms and can be passed from person to person unnoticed. It is important to tested on a regular basis if you are sexually active.

Upcoming Events

He Said: She Said Discussion Panel

Get the male and female perspective in sexual health. Hear from health professionals as well as questions from your peers.

Date: March 26th

Location: MMTH Auditorium

Time: 6:00 pm - 7:00 pm



Passport to Wellness

Herpes are **red**, some condoms are **blue**, sex can be good but don't let STD's get you!

Date: March 27th

Location: DUC A - 210 - Career Services

Time: 6:00 pm - 7:00 pm



FREE HIV TESTING

Date: April 16th

Location: WKU Health Services

Time: 10:00 am - 3:00 pm



Sharps Container Exchange Program

WKU Health Services has a new sharps container exchange program. If you need a container to dispose of your medical syringes or if you already have one that is full, please come by Health Services to get a "sharps container." This is a free service for the WKU campus community.





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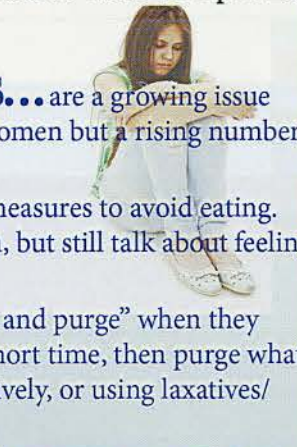
Volume 5 Issue 11 April 2013 www.wku.edu/healthservices (270) 745 - 5033

Eating Disorders...are a growing issue seen among college students; mostly women but a rising number of men as well.

•People with **anorexia** take extreme measures to avoid eating. They typically become abnormally thin, but still talk about feeling fat.

•People with **bulimia** typically "binge and purge" when they consume a large amount of food in a short time, then purge what they ate by vomiting, exercising excessively, or using laxatives/diet pills.

Eating disorders can cause permanent physical damage. For example: hair loss, osteoporosis, kidney problems, ulcers, inability to conceive, heart failure and can lead to death.



CONCERNS FOR A FRIEND

- Set a time to talk in private to respectfully discuss your concerns.
- Ask your friend to think through what you've said and seek the advice of a doctor, counselor or nutritionist.
- Express your continued support. Remind your friend you care and you want them to be healthy.
- If it's an emergency situation, (i.e. the person is blacking out, losing significant amount of weight, sleeping all day or expressing thoughts of self-harm) tell an RA or Hall Director to get immediate help.
- Set up an appointment at the Counseling & Testing Center to discuss ways to get your friend some help.

Suggest to them to visit the
WKU Health Services
(270) 745-5641
or
Counseling & Testing Center
(270) 745-3159

4 WAYS TO LOVE YOUR BODY

1. Appreciate all that your body can do
2. Surround yourself with positive people
3. Wear comfy clothes that make you feel good about your appearance
4. Write down the things you like about your body & place that on your mirror or scale.



DIABETES: Considered the leading U.S. health crisis, diabetes is an epidemic that can be preventable. Diabetes is a disease in which the body does not produce or properly use insulin- a hormone necessary to convert sugar, starches, and other food into energy needed for daily life.

Diabetes	Type 1	Type 2
You have this when:	Your body makes too little or no insulin, therefore it cannot take sugar out of the bloodstream.	Your body can still produce insulin but does not use it properly (insulin resistance).
Also known as:	Insulin-dependent or Juvenile-onset diabetes	Adult-onset diabetes (Most common type)
Target Groups:	Children/young adults	Adults, elderly, ethnic groups
Risk factors/Triggers:	Genetics, environmental and autoimmune factors	Lifestyle (obesity), genetics, physical inactivity, ethnicity
Warning signs:	Increased thirst and urination, constant hunger, weight loss, glycosuria	Feeling tired or ill, blurred vision, frequent infections, unusual thirst, asymptomatic
Treatment:	Insulin injections, dietary plans, check blood sugar levels. Not curable.	Diet, exercise, weight loss, sometimes medication and insulin injections. Curable.



Sharps Container Exchange Program

WKU Health Services has a new sharps container exchange program. If you need a container to dispose of your medical syringes or if you already have one that is full, please come by Health Services to get a "sharps container." This is a free service for the WKU campus community.



SHOULD YOU BE...gluten free

- Gluten is the protein that gives dough its elastic quality. It aids in absorption of nutrients. Those with gluten allergies are instructed to avoid gluten, which is found mostly in wheat flour.
- If you are diagnosed with gluten sensitivity, cutting gluten out of your diet could help your digestive system.
- Don't cut out gluten just to lose weight. Gluten is found in so many foods, limiting your choices could cause an unhealthy weight loss and nutritional deficiencies.

Note: Manufactures who make gluten free substitute foods add MORE sugar and fat to improve the taste.

FAD DIET ALERT!

IF A NEW DIET SAYS "NO EXERCISING REQUIRED" OR "EAT WHATEVER YOU WANT" OR "RAPID WEIGHT LOSS", IT'S A FAD DIET.

UPCOMING EVENTS

FREE HIV TESTING

@WKU Health Services

(Tuesday, April 16th from 10 am - 3 pm)

PASSPORT TO WELLNESS

both sessions from 6 pm - 7 pm

@DUC A 210 - Career Services

April 17th - **DON'T LOAN YOUR LIFE AWAY**

May 1st - **A HEALTHY SMILE CAN GO A MILE**

4TH ANNUAL SPRING POKER WALK

South Lawn- Front of Preston

(Friday, April 26th from 11:15am - 1 pm)

Register at <http://www.wku.edu/awellu/>

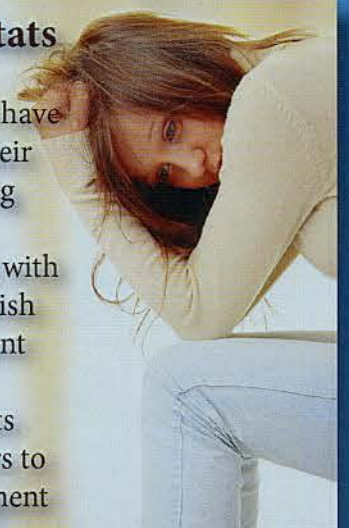


College Student Stats

91% of women in college have attempted to control their weight through dieting

54% of men are unhappy with their appearance and wish their body were different

1.1% of WKU students reported eating disorders to be an academic impediment



www.rochester.edu/uhs/healthtopics/installment